What is claimed is:

1. An element for a game racket, comprising:

   a) a semi-rigid casing with at least two side portions, closed on at least two ends, defining at least one internal cavity
   b) said internal cavity comprises at least one damping and/or tension element
   c) said damping and/or tension element is a liquid, gas, or vapor
   d) said semi-rigid casing being disposed on the racket such that at least two of its ends are supported on a generally outer facing surface of at least one part of a head frame to cooperate with at least one string in tension; wherein at least one side portion of the casing interacts with the at least one damping and/or tension element and at least a second side portion to resist deformation when subjected to at least one string in tension.

2. The element according to claim **1** wherein the element is designed to reduce the tension of the at least one string upon deflection of the string; wherein, when the string tension is increased, the element deflects to reduce the string tension and to generate a resistance force, the resistance force counteracting the string tension force.

3.The element according to claim **1**, wherein the at least one damping and/or tension element is made of at least one body of an elastomeric material.

4. The element according to claim **2** wherein the at least one damping and/or tension element is formed by a length of a profile of an elastomeric material.

5. The element according to claim **1** wherein the damping and/or tension element is a hose filled with liquid, gas, or vapor.

6. The element according to claim **1**, wherein the element is provided with eyelets and/or corresponding holes for the strings of the stringing.

7. The element according to claim **1**, wherein the at least one internal cavity contains a combination of one or more damping and/or tension elements.

8.The element according to claim **1**, wherein the at least two side portions of the casing are generally concave or convex.

9. The element according to claim **1** wherein the at least one internal cavity is further divided by interior wall sections.

10. The element according to claim **9** wherein the at least one internal cavity is fluid tight.

11.The element according to claim **1**, further comprising a connecting armature including an eyelet provided for the at least one string in tension.

12.The element according to claim **5** wherein the at least one side portion of the semi-rigid casing penetrates through at least one opposite facing side portion to form a supporting hole profile.

13.The element according to claim **1** wherein the element is formed with a mating circumferential curvature to extend along a total periphery of the head frame.

14.The element according to claim **1** wherein the element is formed with a mating circumferential curvature to extend along a portion of the total periphery of the head frame.

15.The element according to claim **1** wherein the semi-rigid casing has at least one recess in at least one side portion to receive at least one damping and/or tension element.

16. The element according to claim **1** wherein the semi-rigid casing is made of a fiber-reinforced plastic, a metal, or a carbon-metallic fiber plastic with a suitable resiliency for the intended purpose.

17. The element according to claim **1** wherein the casing forms an additional cavity in relation to an outer facing surface of a head frame profile.

18. The element according to claim **17** including at least one damping and/or tension element wherein the at least one damping and/or tension element is a liquid, gas, or vapor.

19. The element according to claim **18** wherein the at least one damping and/or tension element is made of at least one body of an elastomeric material.

20. The element according to claim **1** wherein the at least one damping and/or tension element has a predetermined shape in an uncompressed state.